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CLAIMS

- 1. A whistling punching bag, comprising:
- (a) a punching bag,
- (b) a compressible pneumatic target mounted partially inside the surface of said punching bag and partially outside the surface of said punching bag, and
- (c) a whistle, and
- (d) means by which said whistle sounds when said compressible pneumatic target is struck by the user.
 - 2. The whistling punching bag of Claim 1 wherein said compressible pneumatic target is in the shape of a hemisphere outside the surface of said punching bag and in the shape of a hemisphere inside the surface of said punching bag with a narrower section transfixing the surface of said punching bag.
 - 3. The whistling punching bag of Claim 1 wherein said compressible pneumatic target is connected to said whistle by a pneumatic hose.
- 4. A whistling punching bag comprising:
- (a) a punching bag,
- (b) a compressible pneumatic target, attached to said punching bag, and

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- (c) a whistle, and
- (d) means by which said whistle sounds when said compressible pneumatic target is struck by the user.
- 5. A whistling punching bag comprising:
 - (a) a punching bag,
 - (b) a compressible pneumatic target attached to said punching bag, and
 - (c) a whistle, and
 - (d) a pneumatic hose connecting said compressible pneumatic target to said whistle.